

Covington Aquatic Center

Spring Schedule

February 28 - June 19th, 2011

(Closed 5/30)

18230 SE 240th St, Covington WA 98042 • 425-413-POOL(7665) • www.covingtonwa.gov/cac

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Covington
parksand recreation

Lap Swims

This is an opportunity for swimmers to train and exercise. Our lifeguards make every effort to manage the lap lanes and group swimmers according to ability and workout needs. We require circle swimming in lanes with 3 or more swimmers. There is no minimum age requirement, but participants must be swimming laps. A minimum of 3 lanes are available for all lap swims.

Mon, Wed, Fri5:30 AM - 7:00 AM
Mon - Fri.....Noon - 1:30 PM
Mon, Wed.....7:30 PM - 8:30 PM
Tue, Thu.....8:00 PM - 9:00 PM
Sat, Sun11:30 AM - 1:00 PM

Public Swims

This is a time for children and families to practice their swimming skills or just have fun. The entire pool is open, including the diving board, slide, rope swing, and the magic carpet (weekdays only) or "Big Red" the inflatable octopus (weekends only). Those wishing to swim in deep water must pass a swim test (lifejackets may be used). All children 6 years of age, or less than 48" in height must be accompanied in the water and directly supervised by an adult (18 and over) at all times. Younger children are encouraged to attend Family Swims.



Tue, Thu.....7:00 PM - 8:00 PM
Fri.....6:00 PM - 7:00 PM
Sat, Sun1:00 PM - 2:00 PM
Sat.....2:00 PM - 3:00 PM

Family Swims

This is another great time for families to practice their swimming skills or just have fun. During Family Swims, all children must be accompanied in the water by an adult (18 and over). Only three children per one adult. Family Swims are limited to the shallow-end of the pool.

Mon - Fri.....Noon - 1:30 PM
Mon, Wed.....7:30 PM - 8:30 PM
Tue, Thu.....8:00 PM - 9:00 PM
Fri.....5:00 PM - 6:00 PM
Sat.....12:00 PM - 1:00 PM
Sun.....11:30 AM - 1:00 PM

Shallow Water Exercise Classes

This is a low impact class that provides a great aerobic and cardiovascular workout with muscle toning. No swimming is required.

Mon - Fri.....8:30 AM - 9:30 AM

Deep Water Exercise Classes

This Deep Water Exercise Class give one of the greatest aerobic and toning workouts available with absolutely no impact to the body's joints. Workouts during this drop-in class include the use of Hydro-Fit™ equipment provided by the pool. No swimming is required.

Mon - Sat.....9:30 AM - 10:30 AM
Tue, Thu.....8:00 PM - 9:00 PM

Swimming Lessons Preschool Aquatics and Learn to Swim Classes

We offer the American Red Cross "Preschool Aquatics" program that consists of three levels of

progressive swim instruction for children 4 and 5 years of age. We also offer the American Red Cross "Learn to Swim" program for children 6 years of age and older that is made up of six levels of swimming and water safety instruction. Most classes have a maximum of 5 students. Most classes meet for 30 minutes during the following times:

Mon & Wed4:00 PM - 7:30 PM
Tue & Thu10:30 AM - Noon
Tue & Thu4:00 PM - 7:00 PM
Sat.....9:30 AM - 12:00 PM

For session dates and additional information, call 425-413-POOL (7665) or visit www.ci.covington.wa.us.



Parent & Child Aquatics

We offer the American Red Cross "Parent & Child Aquatics" program for parents and their children ages 6 months up to 4 years of age. This program lays the foundation for future aquatic skills. Parent & Child Aquatics classes are offered during the same times as Preschool Aquatics and Learn to Swim Classes.

Competitive Swimming Lessons

For Learn to Swim Level 6 ability swimmers interested in an hour-long coached lesson focusing on stroke refinement, swimming endurance and competitive swimming skills.

Learn to Dive Classes:

Learn 1-meter springboard diving fundamentals and basic dives with 2 levels of dive instruction.

Private Lessons

30-minute 1-on-1 lessons with our swim instructors are highly effective. These lessons are most popular with adults, children with special needs and children wanting additional instruction beyond group lessons. Semi-private lessons may also be arranged for 2 individuals of similar ability. For available days/times, call 425-413-POOL(7665).

Pool Parties!

Private pool rentals are available on Saturdays and Sundays. Hourly rates are based upon the number of people in the rental party (see reverse side for pricing).

!!! SUNDAYS !!!

Special discounted promo prices on Sundays
for Family and Public Swims

\$3.25 per person or \$9.75 per family

WE ARE ONLINE AT

www.covingtonwa.gov/cac

Questions???

Call our front desk at

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Fees

	General Fee	Covington Discounted Fee
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Public and Family Swims

Youth / Adult / Senior / Disabled	\$4.25	\$3.50
Youth / Adult / Sr. / Dis. 10 visit discount card.....	\$38.25	\$31.50
Family (household).....	\$12.75	\$10.50
Children under 4 years of age are free!		
★Special promo swims - per person.....	\$3.25	\$2.50
★Special promo swim - per family (household).....	\$9.75	\$7.50

Lap Swims

Youth / Adult.....	\$6.00	\$5.00
Senior / Disabled	\$4.25	\$3.50
Youth / Adult 10 visit discount card.....	\$54.00	\$45.00
Senior / Disabled 10 visit discount card.....	\$38.25	\$31.50

Water Exercise Classes

Adult	\$8.25	\$6.75
Senior / Disabled	\$6.00	\$5.00
Adult 10 visit discount card.....	\$74.25	\$60.75
Senior / Disabled 10 visit discount card.....	\$54.00	\$45.00

Unlimited Use Memberships

Memberships entitle the holder to attend Public, Family, and Lap Swims at no additional cost during the valid period. Classes such as swim lessons and water exercise are not included. (Conditions and restrictions: Non-refundable, non-transferable, and not extendable for any reason, including, but not limited to illness, injury, pregnancy, vacation, non-motivation, etc., with the exception of facility closures longer than 1-day.)

Youth / Senior / Disabled - 3 Month (90 days) ...	\$106.25	\$87.50
Youth / Senior / Disabled - 12 month	\$212.50	\$175.00
Adult 3 month (90 days).....	\$150.00	\$125.00
Adult 12 month.....	\$300.00	\$250.00
Family 3 month (90 days).....	\$256.25	\$212.50
Family 12 month	\$512.50	\$425.00

Learn to Swim and Preschool Aquatics

8 lesson session	\$70.00	\$58.00
(fee adjusted for different length sessions)		
Private Lesson	\$40.00	\$33.00
(1 student for one-half hour)		
Semi-Private Lesson (per student).....	\$24.00	\$20.00
(available for students of similar ability for one-half hour / requires single payment)		

Parent & Child Aquatics

8 lesson session	\$48.00	\$40.00
(fee adjusted for different length sessions)		

Competitive Lessons (1 hour)

8 lesson session	\$140.00	\$116.00
(fee adjusted for different length sessions)		

Learn to Dive

8 lesson session (levels 1 and 2).....	\$70.00	\$58.00
(fee adjusted for different length sessions)		
Drop-in (level 3 only).....	\$8.75	\$7.25

Swimming Pool Rentals (per hour)

25 people or less.....	\$130.00	\$105.00
26-60 people.....	\$180.00	\$150.00
61-90 people.....	\$230.00	\$190.00
91-120 people.....	\$285.00	\$235.00
121-150 people.....	\$330.00	\$275.00
Octopus (Inflatable Toy)	\$45.00	\$35.00
(Note: Octopus rental required on Saturday and Sunday rentals)		
Water Slide / Magic Carpet / Party Room	\$45.00	\$35.00

Fees (continued)

Age Groups

Children under 4 years of age: Anyone under 4

Youth: At least 4, but less than 18

Adult: At least 18, but less than 62

Senior: At least 62

All fee rates as of March 29, 2011 and subject to change.

Fees received from Covington Aquatic Center programs cover 60% or less of our actual cost of operation. Some program fees cover direct costs, such as paying instructors.

Tax included in all applicable fees.

Upcoming Advanced Classes

For more information on specific classes, including class descriptions, prerequisites, cost, etc., please call 425-413-POOL(7665). Informational fliers for advanced classes are also available at the Aquatic Center.

Date(s)	Class
2/19-2/25	Lifeguard Training Course
2/21-2/25	Aquatic Volunteer Academy
2/26	Northwest Lifeguard Test Preparation Course
3/19	CPR/AED for the Lifeguard Re-Certification Challenge
3/19	Lifeguard Training & First-Aid Re-Certification Challenge
4/2-4/8	Lifeguard Training Course
4/4-4/8	Aquatic Volunteer Academy
4/12	Fundamentals of Instructor Training (FIT)
4/14-5/6	Water Safety Instructor (WSI) Course
4/30	Northwest Lifeguard Test Preparation Course
5/21	Northwest Lifeguard Test Preparation Course
6/11	CPR/AED for the Lifeguard Re-Certification Challenge
6/18	CPR/AED for the Lifeguard Re-Certification Challenge
6/18	Lifeguard Training & First-Aid Re-Certification Challenge
6/27-7/20	Aquatic Volunteer Academy
8/2-8/12	Lifeguard Training Course
8/20	CPR/AED for the Lifeguard Re-Certification Challenge
8/20	Lifeguard Training & First-Aid Re-Certification Challenge

All classes are subject to change. For up-to-date class information contact the Aquatic Center.

Upcoming Events

April Pools Day

An open house showcasing our programs and fun water safety activities that demonstrate how to be safe in and around water.

Day & Time: Sat, 4/16, noon-4pm

Cost: FREE



★★★National Aquatic Month - May★★★

Come celebrate National Aquatic Month! All Tuesday and Thursday 7:00-8:00pm Public Swims are at the Special Promo Swim price during the month of May.

Day & Time: Tuesdays and Thursdays from 7:00-8:00pm during May

Cost: Resident fee: \$2.50 per person.... \$7.50 per family

Non-Resident fee: \$3.25 per person.... \$9.75 per family

DASH & SPLASH

Session 1: 6/21-7/14

Session 2: 7/19-8/11

Tuesdays and Thursdays, 1-3pm.

Join the fun and get fit this summer! Dash & Splash focuses on cardio exercise with the aim to increase physical fitness through fun and games. Coached workouts will involve both running and swimming activities. Emphasis is placed on individual improvement, rather than competition. Register today, space is limited.